

# 7 Most Common Myths About Online Psychological Counseling in Kerala

Very few people have an idea about what therapy does. Instead of suggesting professional treatment, people tend to give advice usually with no experience or training. This creates confusion and prevents individuals from overcoming struggles through therapies. There are numerous myths about counselling based on a lack of understanding about what actually happens in a session. This blog will debunk some of these misconceptions.

## Myth 1. Counselling is Only for “Mental” People

The most destructive of myths is that therapy is for people who are mentally sick. Therapy is for anyone who has stress, anxiety, self-doubt, or relationship issues. You don't necessarily have to be “sick” to see a therapist. The best psychologist assists students, professionals, parents, and everyone who is struggling with stress in daily life. Therapy is for mental health, not mental disease.

## Myth 2. Therapy is a Quick Fix

Therapy is not flipping a switch, it takes time and patience. It depends on the condition of the patient which decides the number of sessions to be attended. Some take weeks, some recover quickly. Healing emotionally, as in healing physically, does not happen overnight.

## Myth 3. Therapists Just Listen and Do Not Provide Solutions

Another misconception is that therapists simply sit and talk and do not offer any actual assistance. Therapy is a collaboration. A good therapist listens empathetically and then offers the client techniques, tools, and insight that empower the client. They set realistic goals and show them healthier ways of coping. **Best individual counselling in Kerala** will work with clients, listen to their problems and give them realistic solutions to overcome any struggle.

## Myth 4. Counselling is Too Expensive

**Best Online Counselling Services in Kerala** offer affordable packages. Furthermore, their online counselling sessions save time and money by delivering effective therapies that are helpful and affordable.

### **Myth 5. You Can Only Attend Therapy if You Have a Serious Problem**

Even when you feel slight stress, a break-up, or anxiety, counselling works for you. You do not need to be in a severe emotional state to consult a therapist. Even mild issues like work stress, relationship issues, and breakups are valid reasons to look for help.

### **Myth 6. All Therapists and Therapies are the Same**

Not at all! Therapists specialise in different areas. There are therapists for anxiety, child psychologists, and those who handle trauma. Cognitive behavioural therapy (CBT), mindfulness, or talk therapy serve different purposes. You can connect with a therapist in a specific domain to resolve your issues.

### **Myth 7. Therapy is All About Talking About Your Childhood**

Finding out what went on during your childhood is important, however, therapy isn't all about exploring your past. Therapy is all about today's issues, tomorrow's aspirations, and how to manage them. Whether it's better communication, stress reduction, or emotional strength, therapy always looks ahead, while knowing your past.

## **Conclusion**

Myths surrounding mental illness might stop an individual from seeking the help they need. With affordable, inexpensive, and culturally appropriate services available today there is no need to let myths block your way to find healing. If you are looking for help to overcome mental struggles, getting help from the **best psychology counselling in Kerala** is the right start.